

My name is Bamidele Farinre and I am Chartered Biomedical Scientist and a Service Support Manager. I was invited by Dr Bernadine Idowu, Associate Professor of Biomedical Science, to share my experiences and inspire the next generation of STEM professionals. I delivered 'A Day in the Life of a Biomedical Scientist' workshop for 3rd Year University Students at the University of West London.

This interactive workshop offered students a unique and immersive experience into the daily responsibilities and challenges faced by biomedical scientists, while incorporating the My Skills My Life quiz, role models, and discussion and reflection.

Instead of simply lecturing about the theoretical aspects of biomedical science, the workshop incorporated practical demonstrations, laboratory exercises, and simulated scenarios to provide students with a realistic glimpse into the profession.

SESSION PREPARATION AND FACILITATION

To prepare and facilitate this My Skills My Life session, I:

- Took the My Skills My Life questionnaire myself to understand the process and what tools were available to me and how to use them.
- Integrated the quiz into the overall workshop session to maximize its effectiveness in helping participants explore their skills, interests, and career aspirations.
- Ensured I had all the necessary materials printed and access to computers for the online quiz
- Administered the quiz by giving clear instructions on how to complete the quiz and be on-hand to assist.

TIPS AND ADVICE

Understand your audience and their needs. To make the most impact, tailor your workshop to reflect the needs of your participants.

Prepare thoroughly. Familiarise yourself with the resources and tools you'll be using such as the My Skills My Life questionnaire and online role models. Do a tech run through and have backups.

Create a welcoming environment. Foster a supportive and inclusive space where everyone feels comfortable to share. Encourage open communication and respect diverse perspectives.

Encourage active participation and collaboration. Have interactive elements, multimedia presentations and group discussions to keep everyone engaged.

Facilitate reflection. Ask thought-provoking questions and guide discussions to encourage critical thinking and self-discovery.

HOW THE SESSION WORKED

Introduction - 10 mins
Overview of resources - 5mins
Completing the questionnaire - 20 mins
Discussion and reflection - 15 mins
Role models and real-life examples - 15 mins
Activity: Career exploration 20 mins
Group presentations - 10 mins
Wrap up and next steps - 5 mins

"The session was eye-opening and helped me realise the breadth of opportunities available in biomedical sciences. I particularly appreciated the real-life examples and role models shared during the session, which made the career pathways feel more tangible and attainable"

